



Chicken & Pepper Pasta Bake

READY IN



45 min.

SERVINGS



45

CALORIES



44 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 oz philadelphia cream cheese cubed ()
- 0.3 cup parmesan cheese grated kraft
- 24 oz classico family favorites pasta sauce traditional
- 1 large and pepper green red coarsely chopped
- 3 cups rigatoni pasta uncooked
- 1 cup mozzarella cheese shredded kraft
- 1 lb chicken breasts boneless skinless cut into bite-size pieces

Equipment

- frying pan
- oven
- baking pan

Directions

- Heat oven to 375F.
- Cook pasta as directed on package, omitting salt. Meanwhile, cook and stir chicken in large nonstick skillet on medium-high heat 2 min.
- Add peppers; cook and stir 3 min. Stir in pasta sauce; simmer 6 to 8 min. or until chicken is done and peppers are crisp-tender, stirring occasionally.
- Add cream cheese; cook and stir 1 to 2 min. or until melted.
- Drain pasta.
- Add to chicken mixture; toss to coat. Spoon half into 8- or 9-inch square baking dish; top with 1/2 cup mozzarella and 2 Tbsp. Parmesan. Repeat layers.
- Bake 20 min. or until heated through.

Nutrition Facts

PROTEIN 32.96% **FAT 30.83%** **CARBS 36.21%**

Properties

Glycemic Index:3.84, Glycemic Load:1.5, Inflammation Score:-1, Nutrition Score:2.3773913240951%

Nutrients (% of daily need)

Calories: 44.23kcal (2.21%), Fat: 1.51g (2.33%), Saturated Fat: 0.74g (4.64%), Carbohydrates: 4g (1.33%), Net Carbohydrates: 3.64g (1.32%), Sugar: 0.72g (0.8%), Cholesterol: 10.17mg (3.39%), Sodium: 112.89mg (4.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.64g (7.28%), Selenium: 6.57µg (9.39%), Vitamin B3: 1.27mg (6.37%), Vitamin B6: 0.1mg (4.91%), Phosphorus: 46.53mg (4.65%), Manganese: 0.06mg (2.93%), Potassium: 95.99mg (2.74%), Calcium: 22.26mg (2.23%), Vitamin B5: 0.22mg (2.2%), Vitamin A: 107.17IU (2.14%), Vitamin B2: 0.03mg (2.01%), Magnesium: 7.85mg (1.96%), Vitamin E: 0.26mg (1.73%), Zinc: 0.25mg (1.68%), Copper: 0.03mg (1.63%), Vitamin B12: 0.09µg (1.45%), Fiber: 0.36g (1.44%), Vitamin C: 1.18mg (1.43%), Iron: 0.25mg (1.4%)